

WHAT IS CLAIMED IS:

1. A method of improving vaginal health throughout life comprising orally administering a therapeutically effective amount of at least one
5 probiotic organism and a pharmaceutically acceptable or food grade carrier.
2. The method of Claim 1 further comprising the administration of a therapeutically effective amount of a second probiotic organism.
- 10 3. The method of Claim 1 wherein said probiotic organism is a *Lactobacillus*.
4. The method of Claim 2 wherein said second probiotic organism is a *Bifidobacterium*.
- 15 5. The method of Claim 1 wherein said probiotic organism is selected from the group consisting of *L. rhamnosus*, *L. acidophilus*, *L. fermentum*, *L. casei*, *L. reuteri*, *L. crispatus*, *L. plantarum*, *L. paracasei*, *L. jensenii*, *L. gasseri*, *L. cellobiosus*, *L. brevis*, *L. delbrueckii*, *L. helveticus*, *L. salivarius*, *L. collinoides*, *L. buchneri*, *L. rogosae*, or *L. bifidum*.
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6. The method of Claim 2 wherein said second probiotic organism is selected from the group consisting of *B. bifidum*, *B. breve*, *B. adolescentis*, or *B. longum*.
- 25 7. The method of Claim 5 further comprising administration of a combination of *L. fermentum* RC-14 and *L. rhamnosus* GR-1.
8. A method of treating vaginitis comprising orally administering at least one probiotic organism to a patient in need thereof and a pharmaceutically acceptable
30 carrier.
9. The method of Claim 8 further comprising administration of a therapeutically effective amount of at least one second probiotic organism.

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10. The method of Claim 8 wherein said probiotic organism is a *Lactobacillus*.

11. The method of Claim 9 wherein said second probiotic organism is a *Bifidobacterium*.

5 12. The method of Claim 8 wherein said probiotic organism is selected from the group consisting of *L. rhamnosus*, *L. acidophilus*, *L. fermentum*, *L. casei*, *L. reuteri*, *L. crispatus*, *L. plantarum*, *L. paracasei*, *L. jensenii*, *L. gasseri*, *L. cellobiosis*, *L. brevis*, *L.*
10 *delbrueckii*, *L. helveticus*, *L. salivarius*, *L. collinoides*, *L. buchneri*, *L. rogosae*, or *L. bifidum*.

13. The method of Claim 9 wherein said second probiotic organism is selected from the group consisting of *B. bifidum*, *B. breve*, *B. adolescentis*, or *B. longum*.

15 14. The method of Claim 12 further comprising administration of a combination of *L. fermentum* RC-14 and *L. rhamnosus* GR-1.

15. A method of reducing candida colonization comprising orally administering a therapeutically
20 effective amount of at least one probiotic organism to a patient in need thereof and a pharmaceutically acceptable carrier.

16. The method of Claim 15 further comprising administration of a therapeutically effective amount of
25 at least one second probiotic organism.

17. The method of Claim 15 wherein said probiotic organism is a *Lactobacillus*.

18. The method of Claim 16 wherein said second probiotic organism is a *Bifidobacterium*.

30 19. The method of Claim 15 wherein said probiotic organism is selected from the group consisting of *L. rhamnosus*, *L. acidophilus*, *L. fermentum*, *L. casei*, *L. reuteri*, *L. crispatus*, *L. plantarum*, *L. paracasei*, *L.*

jensenii, *L. gasseri*, *L. cellobiosis*, *L. brevis*, *L. delbrueckii*, *L. helveticus*, *L. salivarius*, *L. collinoides*, *L. buchneri*, *L. rogosae*, or *L. bifidum*.

20. The method of Claim 18 wherein said second
5 probiotic organism is selected from the group consisting of *B. bifidum*, *B. breve*, *B. adolescentis*, or *B. longum*.

21. The method of Claim 15 further comprising administration of a combination of *L. fermentum* RC-14 and *L. rhamnosus* GR-1.

10 22. A pharmaceutical composition consisting of *L. rhamnosus* GR-1 and *L. fermentum* RC-14 and a pharmaceutically acceptable carrier.

23. A method of treating bacterial vaginosis comprising orally administering a therapeutically
15 effective amount of at least one probiotic organism and a pharmaceutically acceptable carrier.

24. The method of Claim 23 further comprising the administration of a therapeutically effective amount of at least one second probiotic organism.

20 25. The method of Claim 23 wherein said probiotic organism is a *Lactobacillus*.

26. The method of Claim 24 wherein said second probiotic organism is a *Bifidobacterium*.

27. The method of Claim 23 wherein said
25 probiotic organism is selected from the group consisting of *L. rhamnosus*, *L. acidophilus*, *L. fermentum*, *L. casei*, *L. reuteri*, *L. crispatus*, *L. plantarum*, *L. paracasei*, *L. jensenii*, *L. gasseri*, *L. cellobiosis*, *L. brevis*, *L. delbrueckii*, *L. helveticus*, *L. salivarius*, *L. collinoides*, *L. buchneri*, *L. rogosae*, or *L. bifidum*.
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28. The method of Claim 26 wherein said second probiotic organism is selected from the group consisting of *B. bifidum*, *B. breve*, *B. adolescentis*, or *B. longum*.

Variable	Mean	Standard Deviation	Minimum	Maximum
Age	34.5	10.2	21	55
Gender	0.5	0.5	0	1
Marital Status	0.3	0.5	0	1
Education	12.5	1.5	10	15
Income	45000	15000	20000	80000
Health	0.8	0.2	0	1
Smoking	0.2	0.4	0	1
Drinking	0.1	0.3	0	1
Exercise	0.5	0.5	0	1
Stress	0.6	0.4	0	1
Sleep	0.7	0.3	0	1
Appetite	0.8	0.2	0	1
Mood	0.9	0.1	0	1
Energy	0.7	0.3	0	1
Concentration	0.8	0.2	0	1
Memory	0.9	0.1	0	1
Emotion	0.6	0.4	0	1
Behavior	0.7	0.3	0	1
Thought	0.8	0.2	0	1
Feeling	0.9	0.1	0	1
Perception	0.7	0.3	0	1
Attention	0.8	0.2	0	1
Intuition	0.6	0.4	0	1
Imagination	0.5	0.5	0	1
Reasoning	0.7	0.3	0	1
Logic	0.8	0.2	0	1
Analysis	0.9	0.1	0	1
Synthesis	0.7	0.3	0	1
Evaluation	0.8	0.2	0	1
Comparison	0.9	0.1	0	1
Classification	0.7	0.3	0	1
Organization	0.8	0.2	0	1
Planning	0.9	0.1	0	1
Problem Solving	0.7	0.3	0	1
Decision Making	0.8	0.2	0	1
Communication	0.9	0.1	0	1
Interpersonal Skills	0.7	0.3	0	1
Teamwork	0.8	0.2	0	1
Leadership	0.6	0.4	0	1
Conflict Resolution	0.7	0.3	0	1
Networking	0.8	0.2	0	1
Public Speaking	0.9	0.1	0	1
Writing	0.7	0.3	0	1
Reading	0.8	0.2	0	1
Learning	0.9	0.1	0	1
Adaptability	0.7	0.3	0	1
Resilience	0.8	0.2	0	1
Optimism	0.9	0.1	0	1
Positivity	0.7	0.3	0	1
Gratitude	0.8	0.2	0	1
Forgiveness	0.9	0.1	0	1
Patience	0.7	0.3	0	1
Perseverance	0.8	0.2	0	1
Self-Discipline	0.9	0.1	0	1
Time Management	0.7	0.3	0	1
Organization Skills	0.8	0.2	0	1
Productivity	0.9	0.1	0	1
Efficiency	0.7	0.3	0	1
Effectiveness	0.8	0.2	0	1
Quality	0.9	0.1	0	1
Quantity	0.7	0.3	0	1
Value	0.8	0.2	0	1
Cost	0.9	0.1	0	1
Benefit	0.7	0.3	0	1
Risk	0.8	0.2	0	1
Uncertainty	0.9	0.1	0	1
Complexity	0.7	0.3	0	1
Change	0.8	0.2	0	1
Innovation	0.9	0.1	0	1
Creativity	0.7	0.3	0	1
Imagination	0.8	0.2	0	1
Reasoning	0.9	0.1	0	1
Logic	0.7	0.3	0	1
Analysis	0.8	0.2	0	1
Synthesis	0.9	0.1	0	1
Evaluation	0.7	0.3	0	1
Comparison	0.8	0.2	0	1
Classification	0.9	0.1	0	1
Organization	0.7	0.3	0	1
Planning	0.8	0.2	0	1
Problem Solving	0.9	0.1	0	1
Decision Making	0.7	0.3	0	1
Communication	0.8	0.2	0	1
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Teamwork	0.7	0.3	0	1
Leadership	0.8	0.2	0	1